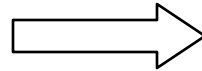
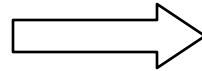


**CHECK FOR DANGER**



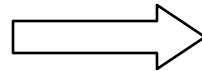
Check for danger to the patient or yourself eg. electricity, fire etc  
Make the site safe or move the patient out of danger if necessary.

**CHECK RESPONSIVENESS**



Gently shake the shoulders and ask loudly "Are you alright".

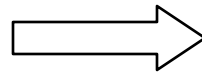
**SHOUT FOR HELP**



Shout for Help.  
**If possible** get one helper to dial 999 and obtain the AED code and another to fetch the AED.  
**Do NOT leave the patient yet.**

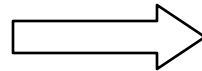
**DO NOT LEAVE THE PATIENT YET**

**OPEN AIRWAY**



Tilt the head back by placing your hands under the chin and on the forehead

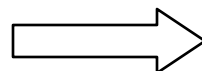
**CHECK BREATHING**




Look for movement of the chest.  
Feel for the breath on your cheek.  
If no breathing after 10 seconds go to next step.

**IF YOU ARE ON YOUR OWN DIAL 999, GET THE AED CODE, AND FETCH THE AED**

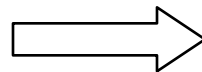
**BEGIN CPR**



30 Chest Compressions  REPEAT  
2 Effective Breaths

**AS SOON AS THE AED IS AVAILABLE**

**ATTACH DEFIBRILLATOR**



Press the button at the front of the AED to open the lid and switch the machine on. Bare the patient's chest and follow the spoken instructions.  
The AED will **ONLY** apply a shock if one is needed.

**THIS CARD IS NOT A SUBSTITUTE FOR TRAINING – CONTACT SARA ON 01761 472372**